



### Post-Treatment Instructions

## You may experience the following post-treatment:

- Minimal pinpoint bleeding
- Mild redness
- Minimal swelling
- Mild discomfort (usually lasts about 4 hours)
- Tingling from the topical anesthetic wearing off
- Feeling of being “sunburned” or hot for about 4 hours after treatment

## To minimize downtime and enhance results:

- Avoid makeup and sunscreen for a minimum of 24 hours post-procedure. Mineral makeup and sunscreen are recommended (Intellishade Truphysical or Truphysical Clear are great). Use clean makeup brushes.
- Wait to wash your face until the morning after treatment, and use a mild, soothing cleanser when washing your face.
- Avoid applying ‘Active’ ingredients to skin for 7 days- this includes Benzoyl Peroxide, Salicylic Acid, Alpha-Hydroxy Acid (AHA), Beta-Hydroxy Acid (BHA), Retinol/Retin-A, Vitamin C, and Alcohol-based toners.
- Avoid direct sunlight to treated area for 48 hours after your treatment. Wear a hat and sunscreen.
- Avoid strenuous exercise for 24 hours after your treatment.
- Avoid hot tubs, saunas, and steam rooms for 5 days after your procedure.
- Use the serum leftover from your facemask to apply for added hydration the day of treatment until it is gone.
- We cannot stress enough how important it is to protect your investment and to continue to improve your skin - Medical-grade skincare makes a big difference in healing and overall results. We love Revision Hydrating serum, C+ Correcting Complex, no less than 30 SPF+ sunscreen, and .5 or greater retinol in your daily skin care routine beginning 7 days post procedure. You can take advantage of a 10% discount on all products on the day of treatment.
- Your next VybeRF treatment can be scheduled 4-6 weeks apart. If you did not make your next appointment, please call our office today to do so.
- Avoid Botox and dermal fillers for 1 week after procedure
- Your skin may feel dry or flake after a few days, which is normal for this procedure, and should resolve within a week after treatment.